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Nutrition Makes a Stand in Navy Fitness. With the spring Physical Readiness Test cycle, the Navy is ensuring Sailors are aware of the fitness of healthy living and diet. The Navy has registered dietitians throughout the fleet to assist with healthy meal planning, weight loss counseling and other nutrition needs. In many cases, Sailors can also visit their command's Health Promotion Department to obtain nutritional information and assistance. The Navy has instituted a number of new programs to help Sailors achieve a culture of wellness. The ShipShape program is specifically designed to provide basic information on nutrition, physical activity, and techniques to lower and maintain an acceptable body weight. Commands interested in starting a ShipShape program can go to the Navy Marine Corps Public Health Center (NMCPHC) site at <http://www-nmcphc.med.navy.mil/>

Navy and Marine Corps Medical News

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NH Jax and Seabees Build Combat Care Course to Improve Battlefield Medical Skills

By Marsha Childs, Naval Hospital Jacksonville Public Affairs Office, Marketing

JACKSONVILLE, Fla. - Naval Hospital (NH) Jacksonville Commanding Officer Capt. Raquel Bono and Naval Construction Battalion Maintenance (NCBM) Unit 202 Detachment Jacksonville personnel participated in a ribbon cutting ceremony for the Tactical Combat Casualty Care (TCCC) confidence course on March 28. The course is dedicated in memory of Hospital

Corpsman (HM) 3rd Class Julian "Snoop Doc" Woods, a Jacksonville native who was killed during Operation Phantom Fury in Fallujah, Iraq in November 2004.

Twenty hospital corpsmen finished their weeklong training of classroom coursework and firearms instruction with the successful completion of the TCCC obstacle course built by NCBM-202 Seabees. The physically and mentally challenging

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THE HIDDEN CASUALTIES OF WAR:

Promoting Healing & Resiliency for
US Service Members & Their Families

ANNOUNCING A DEPLOYMENT MENTAL HEALTH SYMPOSIUM "THE HIDDEN CASUALTIES OF WAR: Promoting Healing & Resiliency For U.S. Service Members & Their Families"

Thursday, May 8th - Friday, May 9th, 2008
The University Of West Florida
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This Symposium Is Being Co-sponsored by:
The University Of West Florida - Center for Applied Psychology
&

Naval Hospital Pensacola - Deployment Health and Wellness Clinic

Presentations will be made by subject matter experts from the Navy Bureau Of Medicine & Surgery, Walter Reed Army Hospital, the Center for Deployment Psychology, Harvard Medical School, the Uniformed Services University of Health Sciences, the American Psychological Association and the Veterans Administration.

For more information call Dr. Dean the Deployment Health Clinic, Naval Hospital Pensacola At (850) 505-6174 or go to the UWF website listed below.

Recommend Airport: Pensacola Regional Airport for air travelers.

TO REGISTER GO TO: http://continuinged.uwf.edu/deployment_psych/

Ribbon-Cutting Held at Mercy Hall

By Chief Mass Communication Specialist (AW) Paul DeLaughter, National Naval Medical Center Public Affairs

BETHESDA, Md. - The National Naval Medical Center (NNMC) Bethesda unveiled the completed renovation project at Mercy Hall, April 1, The hospital's wounded warrior outpatient lodging facility in a ribbon-cutting ceremony.

Deputy Defense Secretary Gordon England, military leaders from the D.C. area and local government officials attended the event.

Renovations made to the facility were designed to improve quality-of-life standards for its residents and to bring the building into compliance with the 1990 Americans with Disabilities Act.

"The Navy and Marine Corps team has always recognized the importance of taking care of the people in uniform," said Rear Adm. Richard Jeffries, commander, NNMC Bethesda. "We will do what is necessary for the people who protect

our freedom."

Cpl. Joseph Duncan, who was wounded in Ramadi, Iraq, has been a resident of Mercy Hall for a month. He said the renovations have made his recovery process much more comfortable.

"Places like Mercy Hall give you a peaceful mind set," Duncan said. "To go from being shot at every day to being able to sit out in the yard and listen to the birds and smell the fresh air is important to a patient's recovery."

Jeffries thanked the people who contributed to the completion of Mercy Hall — the contractors who built it, the officials who authorized it — but he said the honors need to be given to the people who live there.

"It's an honor to take care of these great Americans who willingly volunteered to serve, guaranteeing our cherished rights and freedoms," Jeffries said. "Those who reside with us have paid a personal price for that service during this country's war on terrorism."

Navy Surgeon General, Vice



BETHESDA, Md. - Maryland Lt. Gov. Anthony Brown, left, National Naval Medical Center Bethesda, commanding officer, Rear Adm. Richard Jeffries, Mercy Hall resident Lance Cpl. Michael Stilson, Deputy Defense Secretary Gordon England and Navy Surgeon General Vice Adm. Adam Robinson cut the ribbon signifying the completion of Mercy Hall's renovation project. *U.S. Navy photo by Chief Mass Communications Specialist (AW) Paul DeLaughter*

Adm. Adam Robinson, Jr., who started the renovation project while serving as the NNMC Bethesda commander, said the concept of

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NH Pensacola Leading with Virtual Training

By Rod Duren, Naval Hospital Pensacola, Fla., Public Affairs

PENSACOLA, Fla. - Naval Hospital (NH) Pensacola has become the first non-surgical residency military medical facility to begin simulated laparoscopic surgery training in a continuing-education program developed by the Department of Defense's only medical school, Uniformed Services University (USU) of the Health Services at Bethesda, Md.

On March 21, nine surgeons and non-surgeons from NH Pensacola took part in the "Fundamentals of Laparoscopy" simulation training curriculum that was developed by USU researchers in conjunction with the National Capital Area Medical Simulation Center. The simulation training is one of the elements of the center's curriculum.

NH Pensacola "took a multi-disciplinary approach to getting USU down here," said Cmdr. John Raheb, NH Pensacola general surgeon.

The hospital combined its efforts between general surgery, gynecology, and urology department physicians and surgeons to refresh their cognitive skills through USU's web-based simulation curriculum.

The follow-up was a two-level, hands-on skill test in laparoscopy simulation using a pair of 'Maryland Graspers' while trying to transfer green-and-red rubberized

objects between pegs inside a box while only watching the action through a video monitor.

The Navy hospital "can use the simulators as refresher training" for its physicians - especially those "senior" staffers who did not have laparoscopic training as part of their surgical residency.

The simulator will be used when Air Force surgical residents from Keesler Air Force Base Medical Center in Biloxi, Miss., return to NH Pensacola beginning in January 2009. As part of their residency, the surgical students use NH Pensacola as part of "rounds" -- which are required to complete the residency, Raheb said.

"It's so simple even a novice can do it," said Elizabeth Pimentel, research coordinator at USU's simulation center and on-site mentor for Pensacola, "but we train to the expert levels."

USU's directors at the simulation center wrote and obtained a grant to get the Society of American Gastrointestinal and Endoscopic Surgeons developed training simulators through the Tricare Management Activity's Office of Patient Safety; and has been disseminating the box-trainer and its own curriculum through all military treatment facilities with general surgery residency programs.

The reasoning behind the simulator-trainer is so that

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MTF/EMF Kuwait Change of Command

By Lt. Phillip Boyer, Expeditionary Medical Facility Kuwait, Public Affairs Officer

CAMP ARIFJAN, Kuwait - Navy Capt. Kevin D. Moore passed the reins of both the Medical Task Force Kuwait and the Expeditionary Medical Facility (EMF) Kuwait to Navy Capt. Elaine C. Wagner at a change of command ceremony held at a chapel on Camp Arifjan, Kuwait, April 17.

Moore, who held the dual-post command for the last year has accomplished much during his time in Kuwait. Under his leadership, the Camp Arifjan hospital moved from tents into a fixed facility. The move was a key component of EMF Kuwait's mission to provide combat force health sustainment. He has been tapped to command Naval Hospital Yokosuka in Japan.

Many of Moore's colleagues said

they have been impressed with his dedication to building cooperative relationships between the Army, Navy and their sister services.

"He's leaving me in a great position to continue the mission here," Wagner said. "For me, the greatest things Capt. Moore has achieved are the inroads and connections he's made with our Army teammates."

Wagner was not alone in her regard for her predecessor.

"Every time I had an issue Moore made me feel like I was his number one priority," said Air Force Col. Thomas Palmer, Commander of the 386th Expeditionary Medical Group.

Army and Air Force leaders in the Kuwait area all concur with Wagner's assessment of the outgoing

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CAMP ARIFJAN, Kuwait - Senior Chief Hospital Corpsman Tia Johns, the senior enlisted advisor of the Expeditionary Medical Facility, passes the Expeditionary Medical Facility Kuwait's guidon to Capt. Kevin D. Moore, the departing Commanding Officer, during a change of command ceremony April 17. U.S. Navy photo by Lt. Phillip Boyer

NH Jax continued...

(Continued from page 1)

course simulating a wartime environment is designed to prepare first responders for hostile conditions on the battlefield.

Bono and the hospital's Command Master Chief CMDCM (AW) Dennis Green were the first to navigate the confidence course. In her opening remarks, Bono said, "The whole goal of the course was to be able to instill that extra level of confidence to make you (the corpsmen) as proficient as possible to do your job. The real reason we are here is to remember 'Snoop Doc.' What we are trying to do here is share the legacy of this very brave corpsman."

The first pair of "battle buddies" to successfully complete the course included HM 1st Class Amanda Bynum and HM 2nd Class Thomas Bolsega. They belly crawled under barbed wire, scaled walls and crossed moats in full battle gear, while assessing and administering appropriate medical care to the injured (training dummies) they encountered along the course. Working in tandem, they lifted, dragged

and carried the wounded in harm's way to a safe haven as they provided cover with their bodies and protection with their weapons.

Each "Devil Doc," a term of camaraderie used by Marines on the battlefield for Navy corpsmen, touched the memorial plaque displayed at the beginning of the course in tribute to Woods. This fellow corpsman was killed while administering aid to a fallen Marine under enemy fire on Nov. 10, 2004, the third day of operations to gain control of Fallujah. His mother, Carolyn Woods said, "I know right now my baby is looking down on us and he is so pleased. Thank God for kind hearts. This course is going to give me a chance to actually see and put me in touch with him."

The obstacle course was the brainchild of Lt. Cmdr. Joseph Marcantel, a family nurse practitioner, formerly assigned to the NH Jacksonville Emergency Medicine Department. He attended TCCC training in January 2007, but it did not offer any practical application in the field at that time.

Marcantel worked tirelessly to identify hospital funding to pur-

chase the materials totaling \$35,000. He also designed the obstacles based on the TCCC curriculum. "I envisioned a course where corpsmen had to physically overcome an obstacle before they did medical intervention and I envisioned every skill set like tourniquet placement."

Construction began on Dec. 16, 2007 onboard Naval Air Station Jacksonville. NCMB-202 Officer in Charge Ens. Leonard Neal and his crew were delighted to assist the hospital with this worthwhile project. He said, "This is the first obstacle course of its kind to be built by the Navy. Not only does it give the hospital an opportunity to train its corpsmen, but also to reach out to the region and offer the training to more corpsmen to get them ready for war." The Seabees provided the labor to build the course, an \$82,000 cost avoidance to the government.

Since September 2007, TCCC training has been required of all Navy enlisted medical personnel prior to being sent into a war zone.

Navy Chief, Mustang: Don't Lose Hope *Determined Sailor Commissioned After Seven Attempts, 11 Years*

By Bill W. Love, Naval Health Clinic
Corpus Christi Public Affairs Office

CORPUS CHRISTI, Texas -

Little more than two years after joining the Naval Health Clinic Corpus Christi (NHCCC) team, Chief Hospital Corpsman (FMF) Luis L. Orta, a 16-year Navy veteran, Texas earned a commission in the Medical Service Corps (MSC) to lieutenant junior grade.

Cmdr. David D. Mullarkey, MSC, administered Orta's Commissioning Oath April 1 at a ceremony in the clinic auditorium.

This oath made Orta an official Mustang – an officer promoted from the enlisted ranks – the name suggesting a parallel to the formerly wild and free ranging horse that evolved into a smarter, more capable, and instinctively better surviving animal. Mustangs are renowned for taking care of themselves when things get tough.

In ceremony opening remarks, Capt. Robert B. Sorenson, MC, the commanding officer at NHCCC, praised Orta.

"This is really a great day for the Navy and for you personally," stated Capt. Sorenson. "You should be proud of your accomplishments focusing on your career to date, and there is going to be a lot more for you as a commissioned officer. More than a couple in here has

gone that gap in one way or another and some of us have been able to stay around for awhile. The Executive Officer (XO) (NHCCC) and I have been around for a few years and we are still here, so we look for a long career as a commissioned officer for you."

After his October 1991 Navy enlistment, Orta filled his career with dental tech duties.

Following three duty stations and two Navy schools, Orta advanced to Chief Petty Officer (CPO) Dental Technician in 2002 while assigned to Naval Dental Clinic North West, Oak Harbor, Wash.

Since that time, he has discharged principal positions as Senior Enlisted Leader, Fleet Marine Force Dental Company, 3rd Dental Battalion, Okinawa, Japan; and Senior Enlisted Leader, Health Care Operations, NHCCC.

Orta recently returned from a ten month Individual Augmentee deployment to Afghanistan that began in June 2007.

The new MSC community Orta will now be affiliated with assures him of a career Navy niche that he began imagining in 1997.

"I realized what impact MSC officers had on health administration," he said, "that I was inspired to join the team."

Understanding that a college

education was required to reach his goal, the 1991 John Jay H.S. graduate earned a bachelor's degree in 2001, and then completed his master's in 2003.

Many would say that behind a successful Sailor, somewhere in the wings, there is a guiding mentor.

An individual who Orta said steered him onto the right track was Captain Don Cenon B. Albia, MSC, former executive officer at NHCCC.

"He is the one who helped me believe that I could reach my goal," remarked Orta. "He is an extraordinary senior officer, thoroughly involved, and one who could be seen all around the command. He gave me insight and encouraged me. It was the first time that I have ever had anyone from his level take such a personal interest in my career."

Moments before the ceremony's conclusion, Orta offered some Chief Petty Officer wisdom for enlisted to officer hopefuls.

"I applied for a commission seven times in 11 years. So for any Sailor that hasn't made it your first, second or third time, don't lose hope."

Orta reports to Officer Development School in Newport, R.I., with a follow-on assignment to Naval Hospital Camp Pendleton, Calif.

Mercy Hall continued...

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Navy Medicine is patient- and family-centered care.

"If we don't get anything right ... we must get this right," Robinson said. "We must be integrators of care, we must do the medical and the non-medical case management, we must take care of all the needs of the patients and their families if we are to honor our wounded warriors."

Two years ago, Navy Medicine recognized Mercy Hall was in need of major repairs and upgrades. After initial upgrades were made the building was made available to be used as a lodging facility for service members undergoing outpatient care. Service members who could live outside the hospital's walls, but still needed to be close to

medical care, Robinson said.

Maryland Lt. Gov. Anthony Brown, a colonel in the Army reserves who spent time in Iraq, said he witnessed the "great and outstanding" work Marines accomplished in Fallujah. As a service member himself, he knows the sacrifice people in uniform must make. Brown pledged Maryland's cooperation so the NNMC Bethesda can continue to provide for America's heroes.

England said the event is symbolic because the Bethesda campus was built during World War II and Mercy Hall was constructed during the Vietnam War.

"While the roots of Mercy Hall lay in the past it's truly a bridge to the future," he said. "This reflects the people's deep commitment to America's war fighters."



DAMERDJOG, Djibouti - Hospital Corpsman 2nd Class Aldrin Inga performs an eye examination during a U.S. military medical team visit to the village of Damerdjog, April 2. Navy and Marine Corps medical teams from the Tarawa Expeditionary Strike Group (ESG) joined Army counterparts assigned to the 354th Civil Affairs Brigade to kick off the six-day medical civil action March 29. The ESG is conducting operations in the U.S. 5th Fleet area of responsibility while on a scheduled deployment to the western Pacific Ocean supporting maritime security operations. *U.S. Navy photo by Mass Communication Specialist 1st Class Richard Doolin*

Virtual Training continued...

(Continued from page 2)

everyone in military medicine surgery circles are "working from the same baseline," said Pimentel, who was in Pensacola recently.

The industry surrounding medicine in America also believes one of the big pieces of simulation training and certification is patient safety. One such company, the insurer of physicians at Harvard University Medical's hospital, "gave rebates to physicians on their malpractice insurance if they were successful in completing the course," said Elizabeth Pimentel, research coordinator at USU's simulation center.

The simulation training is at the "edge of technology," continued Raheb, "and it's one of the few things

we can involve ourselves with USU where they come down here and provide hands-on training - and we get to keep the training boxes."

The training boxes cost about \$1,800 a piece.

"This is only one more example of Navy Medicine's commitment to providing the highest quality medical care available to our patients," said Capt. Craig Bonnema, Director of Surgical Services. "I commend our surgeons for taking the extra time and effort to become certified in this advanced surgical-skills program from the Uniformed Services University. They are representative of the outstanding staff we have at NH Pensacola."

There are two additional physicians that were provided with the study materials and will test-out with the USU mentor in the next few months.

Change of Command continued ...

(Continued from page 3)

ing Commanding Officer's fine reputation. Brig. Gen. Luis R. Visot, the deputy commanding general of operations for the 1st Sustainment Command (Theater), said, "Speaking on a personal level, I'll miss [Moore's] ability to keep his sense of humor while meeting the challenges that came his way."

Visot continued, "From a professional standpoint, I'll miss a shipmate who knows what our sons and daughters need in the way of healthcare in the field. The gentle manner in which he approached such a difficult mission was commendable."

Brig. Gen. Michael J. Schweiger, the deputy commanding general of support for the 1st TSC, summed up Moore's contributions by saying, "What I like most about Moore is that he's a straightforward guy. He's sincere and honest and has a great sense of humor. Where I come from he's what we call 'good people.'"

Wagner, the incoming commanding officer, is no stranger to leading a healthcare organization. She has previously held the positions of Executive Officer at Naval Hospital Jacksonville, Florida, and as Commanding Officer at Naval Hospital Beaufort, South Carolina.

Those familiar with her said she is the perfect person to pick up where Moore left off. Navy Capt. Reginald McNeil, Deputy Force Surgeon for Navy Central Command said, "Wagner brings a high level of compassion, and steadfast leadership to the job...She really knows how to get people to work together."

Of the new Commanding Officer, Moore said, "I think her strongest qualities are her humility and willingness to learn about her new operating environment - she really takes the time to assess the situation before acting."

The Executive Officer of EMF Kuwait Capt. Robin Wilkening said, "I can already see she incorporates visionary leadership and collaborative teambuilding in her approach to command - I look forward to working with her."



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